



Understanding Colon Polyps

Puja Sasankan, MD



What are Colon Polyps?

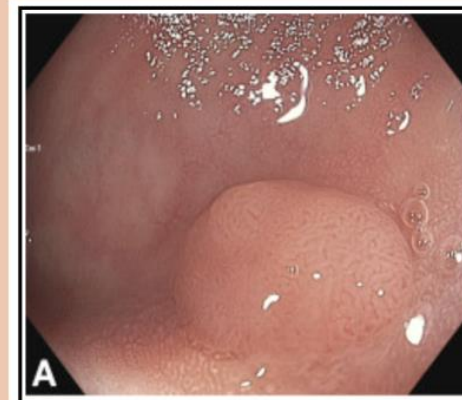
- Colon polyps are **small growths** that form on the lining of the colon or rectum.
- They are **very common**, especially as people get older.
- **Most polyps are benign (not cancer).**
- Most people with colon polyps have **no symptoms.**

Types of Polyps



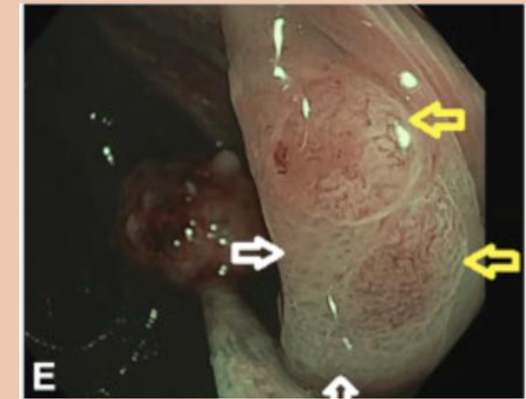
Hyperplastic Polyp

- usually harmless



Adenomatous polyps

- Can become cancer over time
- Require closer follow up with more frequent colonoscopies



Sessile Serrated Polyps

- Can become cancer over time
- Require closer follow up with more frequent colonoscopies

Why Does This Matter?

Some polyps can **slowly turn into cancer over time.**
 Finding and removing polyps **helps prevent colon cancer.**
 Polyps are most often found **during a colonoscopy!**



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Removing Polyps Prevents Cancer!

Who Should Get Screened?

- Average risk adults starting at age 45.
- Earlier and more frequent screening for patients with a personal or family history of colorectal cancer, inflammatory bowel disease, or prior pre-cancerous polyps.

Prep

- Following the preparation instructions provided by your gastroenterologist will help clear your intestines and increase your physicians chance of finding polyps.

Previous SCOPEs on Prep:

https://med.emory.edu/departments/medicine/_documents/va.c.brooks_aa-moviprep1.pdf

https://med.emory.edu/departments/medicine/_documents/va.k.sorrentino_aa-golytely.pdf

What You Can Do To Lower Your Risk

- Eat a high-fiber diet with fruits, vegetables, and whole grains.
- Increase physical activity and maintain a healthy weight.
- Avoid smoking and limit alcohol.
- Follow recommended colonoscopy intervals.

When To Seek Medical Attention



- Bloody bowel movements
- Unexplained low blood counts (hemoglobin)
- Unexplained weight loss
- Persistent change in bowel habits